

Sparring Tips (Non style specific)

Hands up, knees bent. Eyes forward, looking at the shoulders. Move in fast as you attack, move out fast as you attack, keep moving the head, and work the jab. Use lateral movement to trap the opponent; don't simply move in straight lines. The feint must penetrate, and convince the opponent, and the true attack must follow quickly. Find the opponent's rhythm, follow it, then steal the pace and press the advantage. Slip the jab. Bob and weave. Remember to use jamming, stop hits, redirection, and trapping hands.

Keep a tight guard, compact technique, correct form, and proper breathing. Be in the moment and adapt on the fly. Yet, you must also have a game plan; use tactics. Attack by combination. Attack by drawing. Use your peripheral vision and stay balanced. Utilize offense and defense as one. Create openings with proper timing and distance.

Remember the 3 timings for counter attack.

1. Defend the attack (block and/or dodge), then counter.

2. Defend and counter simultaneously.

3. Counter before the attack may be fully launched - a pre-emptive strike.

(Move last but hit first.)

"You must apply the most effective weapon as soon as possible to the most vulnerable point of your enemy." - Bruce Lee